

To date, NJ older adults have logged in 147,159 miles!

Walking clubs are listed for Atlantic, Bergen, Camden, Essex, Hudson, Hunterdon, Mercer, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, Union and Warren Counties.

If your community has a walking club, please contact us at lisa.bethea@doh.state.nj.us.

County	Miles Walked
Atlantic	4,800
Bergen	1,364
Burlington	96
Camden	96
Cumberland	192
Essex	1,707
Hunterdon	67,771
Mercer	672
Monmouth	4,067
Morris	5,338
Ocean	96
Passaic	636
Somerset	41,939
Sussex	400
Union	19,805
Warren	3,884

***Live Long, Live Well* Statewide Older Adult Walking Program
Community Miles**

Organization Name _____

Contact Person _____ **Telephone** _____

Street Address _____

City/State ZIP _____ **County** _____

New walking group _____ **Previously established walking group** _____

Number of participants at start of walking program _____ **Number of participants completing program** _____

Participant Name	Age	Address	City, Zip	Total Distance or Steps	Beginning and Ending Dates for Walking

Participants over 50 who walk 30 minutes or more at least 4 days per week for 12 weeks will receive a New Jersey Walking Recognition Award from the New Jersey Department of Health and Senior Services (NJDHSS).

Fax or e-mail this form to NJDHSS at 609/943-3498 or susan.lachenmayr@doh.state.nj.us